# Salmon Pea and Oat Mini Loaves

4 individual mini loaves, each served with 1 large slice of whole-wheat bread · Active 30 min · Total 1 hr 25 min

Skills: Beginner with ordinary kitchen equipment

## Ingredients

- 14 oz drained canned pink salmon without skin or bones (400 g edible fish)
- 1 cup frozen green peas (160 g)
- 1 1/4 cups ordinary rolled oats (100 g dry)
- 2 large eggs (100 g edible contents)
- Scant 2/3 cup 2% milk (150 ml/about 155 g)
- 1 small onion, finely chopped (80 g)
- 1 tablespoon lemon juice (15 ml/about 15 g)
- 2 tablespoons chopped fresh dill (5 g)
- 2 teaspoons olive oil for the tins (10 ml/about 9 g)
- 1/4 teaspoon fine salt (1.5 g)
- 1/4 teaspoon black pepper (0.5 g)
- 4 large whole-wheat bread slices (240 g total)

## Set out

4 metal mini loaf tins, each at least 2 cups/500 ml capacity, Baking sheet, Mixing bowl, Small saucepan and sieve for peas, Fork and flexible spatula, Kitchen scale, Food thermometer, Oven mitts, Clean plate for cooked peas

## Allergens

Fish, Egg, Milk, Wheat; oats may contain gluten through their processing, so check labels. Check labels and substitutions.

## Make it

**1.** Heat the oven to 375°F/190°C. Set the four mini tins on a baking sheet and brush their bases and sides with all the measured oil. Drain, weigh and carefully check the salmon, removing skin or bones before flaking it.

**2.** Cook peas fully according to the package instructions, then drain and spread briefly on a clean plate to release steam. Beat eggs and milk in a bowl. Stir in oats and onion and leave for 10 minutes while the oven heats.

**3.** Fold in salmon, cooked peas, lemon juice, dill, salt and pepper. Weigh the finished mixture and divide equally among the four tins, smoothing the tops gently without packing tightly.

**4.** Bake for 30–35 minutes, until the center of every loaf reaches 165°F/74°C on a food thermometer. Continue if any center is cooler; cover the tops loosely if they are browning too much.

**5.** Rest for 5 minutes, loosen carefully and lift onto plates. Serve each loaf with one measured bread slice. Remove any loaves intended for storage from their tins and cool promptly as directed.

## A useful kitchen skill

Divide one mixture by weight and check the center of every small tin, rather than judging cooking from a browned top.

## A useful detail

The 85-minute total includes pea cooking, the oat-soaking stage, weighing into four tins, baking and resting. The nutritional estimate includes every bread slice and all the tin oil, even if a little stays behind.

## Keep it well

Transfer planned leftovers promptly to shallow containers and refrigerate at 40°F/4°C or below within 2 hours, or 1 hour above 90°F/32°C. Store the loaves for up to 2 days, with bread separate. Freeze chilled loaves at 0°F/−18°C for up to 2 months for quality. Thaw in the refrigerator and reheat the needed loaf to 165°F/74°C throughout.